Women's Day and stubborn realities

ROSEMARY WESTWOOD
metroVIEWS

Toronto metro

Your essential daily news | TUESDAY, MARCH 8, 2016 | High 14°C/Low 7°C Cloudy with showers

Are emojis sexist?

metroLIFE

TWITTER

Toronto's giant pandas

HOPE & JOY

From blips on a screen to snuggling with the PM, a brief history of the newly named duo

metroNEWS

SmartTrack's derailment

TRANSIT

Mayor's vows unrecognizable in new plans

For five months leading up to his election as mayor, John Tory pledged to build a 53-kilometre "surface subway" with 15 brand new stops.

SmartTrack, as he called it, would run almost entirely — 90 per cent — on "existing" GO tracks and make several connections with existing TTC or GO stations. Making it the principal plank in his platform, SmartTrack was printed on campaign signs on lawns across the city in 2014. Tory said it could be done in seven years for $8 billion.

Sixteen months after he was voted in, Tory's hand-picked executive committee is now poised to approve a plan that would see a drastically scaled-down version of that vision when they meet Wednesday.

> **I'm trying to do what I think is best for the city.**
> Mayor John Tory

SmartTrack, as outlined by staff, would now only add to the existing GO Transit expansion efforts that have long been underway at an unknown cost to the city, with just four to eight additional stations. It also scraps heavy rail tracks proposed along Eglinton Ave. West and replaces them with light rail.

"From this report, you conclude that the only thing left of SmartTrack is the name," said Coun. Gord Perks. "I think we're at the point where we're only going to get good transit if we stop organizing all of our transit planning to make SmartTrack look good."

Executive members will also be asked to endorse a new direction for transit in Scarborough that includes a revised one-stop subway extension, instead of the three stops Tory said were immediately needed, and a relief line subway Tory claimed was not.

"The worst thing you can have is somebody that's absolutely set in their way, everything's carved in stone, everything's polarized, it's my way or the highway," Tory said in an interview. "I'm trying to do what I think is best for the city with the available money in the fastest period of time possible and that involves some changes to what I said I was going to do."

Tory insisted SmartTrack would be delivered "much as was described." He said plans include more lines than originally promised — all of which have been proposed before and have been resurrected by staff. TORSTAR NEWS SERVICE

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PEEL

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Are you trying to save money? Avoid shopping or going out with friends. **Business**

THE CANADIAN PRESS

LEGISLATURE

MPP seeks to squeeze out Heinz

A member of the Ontario legislature is calling for a different ketchup to be served in the dining room and cafeteria at Queen's Park — and flavour isn't an issue.

Taras Natyshak presented a petition Monday calling for ketchup made with Leamington, Ont.-grown tomatoes.

Heinz, which shut down its Leamington plant at a cost of about 750 jobs, is the current ketchup available.

Natyshak's petition calls for a switch to French's ketchup, which he says "proudly uses tomatoes grown in Leamington."

He points out that the Ontario legislature has a rich history of promoting Ontario products, such as craft beer.

And the MPP from Essex, which includes Leamington, says the ketchup currently being served in the dining room and cafeteria is not an Ontario product.

"The promotion of French's ketchup would greatly support local tomato producers, local workers and communities across Essex county," he said.

"I know there's an appetite for a petition of this sort here in the chamber," Natyshak added. THE CANADIAN PRESS

T.O.'s winter is over

(at least we hope so)

Tuesday	Wednesday	Thursday	Friday	Saturday
14 C	15 C	6 C	10 C	13 C
Cloudy with showers	Cloudy with showers	More showers	Lots of sun	Sun and cloud

SPRING

Wet weather to put small damper on picnic plans

Gilbert Ngabo
Metro | Toronto

March is quickly becoming the new May in Toronto.

The spring-like weather that set in Monday could be here for the foreseeable future, according to the experts at Environment Canada.

Temperatures are projected to reach well into the double digits this week and next, a welcome occurrence in a month when daytime highs generally hover at about 3 C across the GTA. Thursday will be the closest to normal, with a high of 6 C.

"Even the overnight lows this time of the year would be near -5 C, but I'm not seeing anything like that," meteorologist Geoff Coulson said.

Here's the bad news, though: It's going to be wet.

A system breezing up from the Gulf of Mexico will bring plenty of showers, with projections of 25 to 30 millimetres of rain over Wednesday and Thursday.

> "It's been a good winter in general for people who use bicycles."
> Bruce Abi

Mild temperatures in March are especially good news for Bruce Abi.

He co-owns Wheel Excitement, a downtown Toronto company that rents bicycles and in-line skates.

Abi has already seen a boost in bookings.

"All you need is just a little bit of sunshine and warmth, and people start coming in," he said.

It adds to what was already pretty good business during a relatively mild January and February.

"It's been a good winter in general for people who use bicycles," Abi said.

But does the warm stretch mean winter's over once and for all?

Coulson's not counting his chickens just yet.

"I think it may still be a little too early to close the book on snowfall," he said.

"March is a month where we can still get some snow."

Bruce Abi, part owner of Wheel Excitement, has seen an uptick rentals since the weather started to warm. LIZ BEDDALL/METRO

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COURT

Evidence pending in PATH stabbing

The Crown is expected to provide further disclosure to Rohinie Bisesar's lawyer in the next week, court heard in a brief appearance at Old City Hall.

Bisesar, 41, is charged with the first-degree murder of Rosemarie Junor, 28, who was fatally stabbed in a Shoppers Drug Mart in the underground PATH system last December.

After Junor died, Bisesar's initial charge of attempted murder was upgraded to second-degree murder then to first-degree murder.

Police have said their investigation indicates the attack, while still random, had elements of planning and deliberation.

Bisesar is scheduled to appear in court again on March 14.

TORSTAR NEWS SERVICE

IN BRIEF

Goodwill spreading assets

Some assets of Toronto's defunct Goodwill are being bought by other charities.

Goodwill organizations based in Hamilton, the Sarnia area and Niagara are among the groups that won a bidding process for the assets. Clothesline, which raises money for the Canadian Diabetes Association, was also successful. The organizations plan to use the assets to support their own charity work. METRO

Emergency call data to be made available online

CITY COUNCIL

Paramedic and fire services to support public safety initiative

Jessica Smith Cross and Gilbert Ngabo
Metro | Toronto

City councillors are getting ready to make vital information about fires and medical emergencies available to the public — including tech-savvy Torontonians who might just make the next life-saving app.

A council committee approved two motions Monday to have the fire and paramedic services make data from their LiveCAD system — which tracks calls for help in real time — open for the public to see and download.

Both were instructed to work with the city's legal department to make the information available without compromising the privacy of Torontonians. One solution proposed to the committee, for example, was releasing the nearest major intersection to each incident rather than the specific address.

Coun. Paul Ainslie, who's spearheading a number of improvements to Toronto's open data policies, said having the information will make it easier for city staff and the public to come up with innovative ways to improve public safety.

Putting information about emergency calls — like those handled by the Toronto fire department — online could help determine trends or potential threats affecting citizens' wellbeing, advocates say. TORSTAR NEWS SERVICE

"Other jurisdictions use that kind of data to determine which buildings could be catching fire soon depending on their condition," Ainslie said, citing New York, Philadelphia and Boston as examples.

In the past, many of Toronto's departments have been "very territorial about data" and hesitant to release it to the public because of concerns about how it will be used, Ainslie said.

The only information Toronto Fire Services has on the city's open data site today, for example, is a list of fire stations.

"In Scarborough, we call that the phone book," quipped Ainslie.

But, the fire department is ready for that to change, Division Chief Frank Pappone told the committee. The service has made "tremendous strides" in the last year in learning how to release information while protecting people's privacy, he said.

Toronto Paramedic Services also considers the change a "positive step," said spokeswoman Kim McKinnon.

Both services were asked to report back to the committee about their progress in June.

POLICE NEXT

Coun. Paul Ainslie's next step is getting Toronto Police Service on board with open data as well. He and Coun. Shelley Carroll, who sits on the police service board, will make a similar request of the police force soon.

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Welcome on offer at local mosques

TOLERANCE

Event teaches non-Muslims about Islam

Gilbert Ngabo
Metro | Toronto

Arson on this Peterborough mosque is among the events that led to the campaign. CHRISTOPHER KATSAROV/THE CANADIAN PRESS

Maureen Meehan was born and raised Catholic, and is a regular at a Vaughan local church. This Sunday, however, she went to the local mosque.

"I was actually invited by one of the Syrian families we welcomed in our community, and my Sunday couldn't have been any better," said Meehan, who has been volunteering to welcome refugees in the York Region.

She was one of hundreds of non-Muslims in Toronto who visited the iconic Baitul Islam mosque near Highway 400 in Vaughan. It's part of the "Visit A Mosque Campaign," a weeklong national movement encouraging Canadians to meet and interact with Muslims on a personal level — with the aim of dispelling rampant misconceptions about Islam as a religion. Meehan said Sunday's visit provided her with a better understanding of the Muslim community. The prominent role of women in the activities of the mosque especially impressed her.

"I can't believe that these women are so strong and so involved in what goes on in here," she said, adding it stands in stark contrast of what people portray Islam to be.

Organizers hope people across the country will take part in prayers and visual exhibitions providing the "true and peaceful teachings" of Islam, said Sabih Nasir, spokesperson for the Ahmadiyya Muslim Jama`at, who organized the campaign.

CAMPAIGN

Visit a Mosque campaign builds on the success of last year's Visit a Muslim Family, another campaign that allowed Canadians to meet and interact with Muslims in their homes.

Healthy lifestyle

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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

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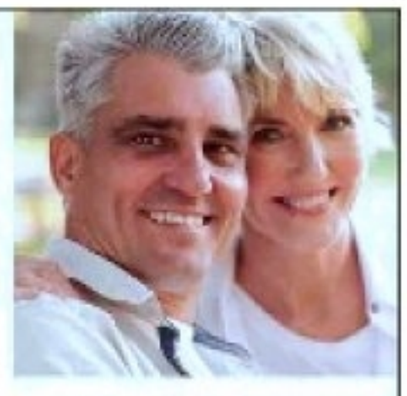

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Bearing witness

It's been a long road to bring Jia Panpan and Jia Yueyue into this world — and get them ready for the public eye. Here's a look back at some incredibly cute moments. **LIZ BEDDALL** METRO

March 25, 2013
Giant pandas Da Mao and Er Shun arrive at Toronto Pearson Airport after an 18-hour flight from Chengdu, China. On loan to Canada for 10 years, the two pandas were determined by experts to be a good genetic match for breeding.

TORSTAR NEWS SERVICE

May 14, 2015: Having been rejected by Da Mao, Er Shun underwent two non-surgical artificial insemination procedures as part of the Giant Panda Conservation Breeding Program. Sperm was collected from Da Mao, as well two other giant pandas from China named Quibang and Xiogbang.

TORSTAR NEWS SERVICE

Sept. 25, 2015: A fetal heartbeat is detected on Er Shun's ultrasound. An image capturing a possible second panda fetus was taken four days later.

TORONTO ZOO/TWITTER

Oct. 13, 2015: Er Shun gives birth to the first of two panda cubs at 3:31 a.m., and the second cub at 3:44 a.m.

TORONTO ZOO/TWITTER

Nov. 27, 2015: The fast-growing and healthy cubs and are moved into a larger incubator.

TORONTO ZOO/TWITTER

Dec. 23, 2015: At 10-weeks-old, the babies' eyes are fully open.

TORONTO ZOO/TWITTER

Feb. 15, 2015: Celebrating their four-month birthday on Valentine's Day, the still unnamed pair of giant pandas were taking solid steps and becoming extremely mobile.

TORONTO ZOO/TWITTER

1 Prime minister — One of the bears gets up close and personal with Justin Trudeau.

2 Premier — Kathleen Wynne relaxes with a bear in each arm.

3 Playtime— Hope and Joy looking happy around bamboo shoots and leaves.

Paramount pandas

ANIMALS

Very special guests get a VIP welcome

A pair of panda cubs born in the Toronto Zoo were hailed as a symbol of international co-operation as they officially received names that pay tribute to the country of their birth.

In a Monday ceremony packed with dignitaries, the zoo announced the male cub is named Jia Panpan, meaning Canadian Hope, while the female cub is named Jia Yueyue, meaning Canadian Joy. The names were written on pink and blue signs and unveiled to great fanfare.

The event also marked the cubs' first public appearance since their birth last October.

Prime Minister Justin Trudeau and Ontario Premier Kathleen Wynne were among those getting the first glimpse of the cubs, who have been held in a special maternity area.

Both posed for photos with the cubs — an opportunity Trudeau joked his children would envy. The prime minister tweeted photos of himself cuddling the cubs but media outlets were not allowed to capture the private visit. A spokeswoman said it was the zoo's idea to give the dignitaries a "unique experience."

Trudeau said the pandas represent the growing bond between their host country and China, where they will eventually be returned, noting he had received a message of congratulations from his Chinese counterpart.

"The panda is a symbol of peace and friendship, which is fitting considering Canada's ever-growing relationship with China," Trudeau said. The cubs are to be introduced to the general public this weekend.

THE CANADIAN PRESS

+ THEIR FUTURE

The cubs marked their 100th day in January and are now considered to have survived their infancy.

Their mother, Er Shun, is on loan from China, along with a male panda named Da Mao. Both arrived in 2013 and are slated to be moved to the Calgary Zoo in 2018 before they go back to China.

Zoo staff have said the cubs will live at the zoo for about two years and will likely return to China once they are weaned from Er Shun.

Peeping Tom's hire a mystery

CRIME

TTC employee wanted on child pornography charges

Jessica Smith Cross
Metro | Toronto

Exactly how a notorious outhouse peeping Tom passed two background checks and wound up working for the TTC remains a mystery to the agency.

Darren Padilla, 47, is wanted on child pornography charges and has been on the run from Toronto police since Thursday. Police consider him "armed and dangerous" and are asking anyone who sees him to call 911 immediately.

Two decades ago, he pleaded guilty to two counts of mischief in a case that was widely reported in "news of the weird" section of newspapers across North America.

He was charged "after two women reported seeing a man peering up at them from the tank of an outdoor toilet at the Warsaw Caves conservation area east of Peterborough," the Peterborough Examiner reported in 1995.

"Police arrested a man, reeking of excrement, at the scene. They said he probably squeezed down through the toilet seat in the wooden stall," the report said.

Padilla, whose name was Darren Laite at the time, was sentenced to three months probation after pleading guilty to charges stemming from the incident.

He was later hired by the TTC, passing two police background checks — a criminal record check and the more stringent check that's required for anyone who works with children and other vulnerable people — TTC spokesman Brad Ross told Metro.

Ross wouldn't disclose when Padilla was hired, but said it was after the 1995 outhouse peeping incident and before changing his name.

Darren Padilla TORONTO POLICE SERVICE

"We would not have hired him if we had that information through the processes available to us and employers in general," said Ross. "It is possible, of course, that he sought and received a pardon for his conviction, but no employer doing such checks, including the TTC, would be privy to that information."

Ross said: "TTC customers need to know that the TTC does everything it can to ensure it hires quality men and women, through background checks, but also reference checks, employment history checks and excellent training and coaching.

"The TTC is working with police and assisting them in any way it can to bring a swift and peaceful resolution to this very serious matter."

DUBAI

T.O. boxer killed in Ferrari crash

A newspaper in the United Arab Emirates says two Canadians, one of them a Toronto boxer, were killed after their rented Ferrari struck a pole and was split in two.

The National newspaper says two others also died in the crash in Dubai, which happened early Sunday local time.

It says one of the Canadians has been identified as Cody Nixon of Toronto and the other is believed to be his cousin.

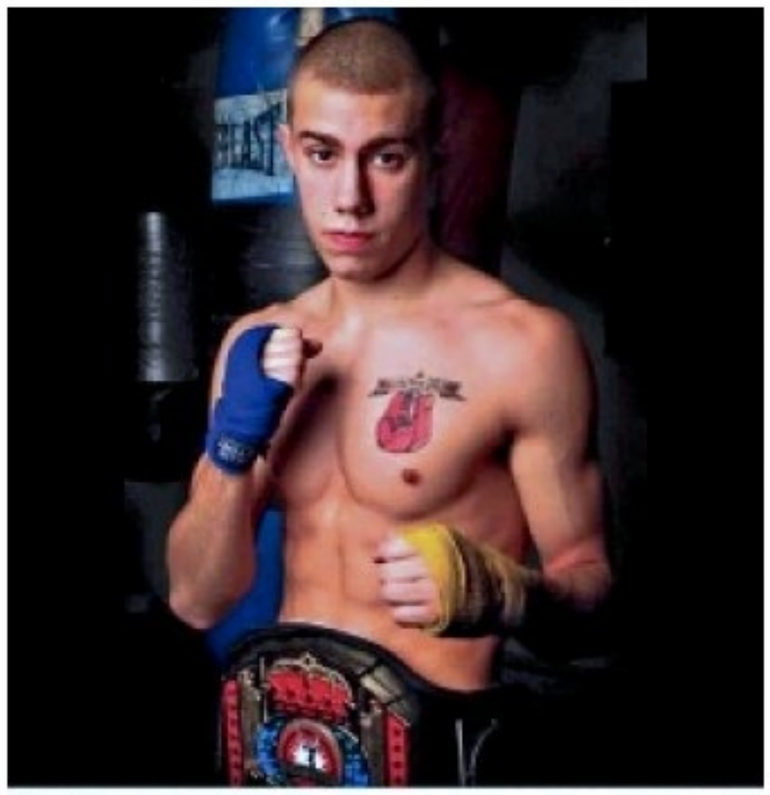
The Motor City Boxing Club in Oshawa posted a tribute to Nixon on social media, saying he had died "while vacationing overseas."

A photo posted on the Instagram account travelwithcody shows a man posing with a yellow Ferrari and the caption reads: "Just landed into Dubai picked up the Ferrari! Don't worry I won't speed :)."

The account shares several of the same photos as a Facebook page belonging to a Cody Nixon, where friends posted condolences as news of the crash spread.

A spokeswoman for Global Affairs Canada confirmed two Canadians had died in the United Arab Emirates but said no further details could be released due to privacy concerns.

THE CANADIAN PRESS



An online tribute from Cody Nixon's boxing club. Nixon was one of two Canadians reportedly killed in a Dubai car accident. TWITTER

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Torontonians love tennis

RECREATION

City may act to improve court time availability

Gilbert Ngabo
Metro | Toronto

Tennis lovers could see more court time coming to their communities.

A report headed to city council later this month proposes an overhaul of operations across hundreds of outdoor courts as popularity surges and lines grow longer.

With council's approval, a pilot project next year would allow people to book in advance and get permits for court time. The same pilot project would also test the possibility of increasing the number of hours — from four to six — courts are open daily to people who aren't part of tennis clubs.

The effort would require coming to an understanding with the more than 20,000 people who belong to tennis clubs and do a lot of work to keep community courts functional. And, at this point, not everyone's happy.

Members of the Moore Park Tennis Club, for example, are "strongly" opposed to extra two hours for public play, and, in a letter to council's community development and recreation committee, said it would take time away from team events and children's programs.

"If the city wants to promote better and equitable access, it would do better to promote the creation of new community clubs," wrote club past president Fiona Miller.

The changes are meant to make the sport more accessible, something Coun. James Pasternak, head of the community development and recreation committee, said people want.

"We want to make Toronto the centre of tennis excellence," he said. "This approach is intended to both groom future tennis players and also get people off the couch and computers and into the tennis courts."

The success of Canadian pros like Milos Raonic, left, has helped fuel interest in tennis — and crowding on Toronto courts. Court times are available on a first-come, first-serve basis, as noted in the above sign. That could change under a proposal headed to council.

LEFT: TORSTAR NEWS SERVICE; ABOVE: LIZ BEDDALL/METRO

YOUR SERVE

The full proposal includes signing agreements with non-profit organizations, to offer affordable lessons to people who aren't members of a tennis club. It comes to city council on March 30.

TORONTO HYDRO

Electric bills may shock

Toronto households using more than 800 kilowatt-hours a month should brace for a jolt on their electricity bills this year.

The city-owned utility says residential customers will pay about $77 more in the current 12-month billing cycle after receiving approval from the Ontario Energy Board last year.

Overall, between 2015 and 2019, Toronto Hydro monthly residential bills are set to rise by an average of $2.44 or 1.7 per cent, to help replace aging assets, improve reliability and help protect the electricity grid against extreme weather, the utility said. Rates are subject to change.

Toronto Hydro says its electricity grid is the oldest in Ontario and needs more investment than newer municipalities.

"Aging infrastructure is the leading cause of power outages in the city — with 40 per cent of outages related to aging or defective equipment," said a backgrounder.

TORSTAR NEWS SERVICE

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Study calls for tobacco law

ENVIRONMENT

Companies urged to take responsibility for butt waste

Thandi Fletcher
Metro | Vancouver

A new study co-authored by a Simon Fraser University health sciences professor is calling for tobacco companies to take the hit and be held accountable for the environmental impact of discarded cigarette butts.

Kelley Lee, who co-authored the study with Washington, D.C.-based Cigarette Butt Pollution Project, says a new regulatory approach is long overdue for addressing the environmental harm caused by cigarette butts.

"We can't just be focusing on picking up a few thousand butts every now and then, putting it on the taxpayers to pay all the cost or blaming the smokers for littering," she told Metro. "We need to mandate tobacco companies to do this through legislation."

Students and staff at Simon Fraser University collected over **45 kilograms of cigarette butts during three one-hour campus cleanups.** COURTESY SFU

For the study, Lee and her colleagues developed a "model tobacco waste act" that they hope governments will adopt requiring tobacco companies be held responsible for the cost and physical process of cleaning up cigarette butts.

According to the study, cigarette butts are one of the most common waste products, with up to five trillion cigarettes disposed of each year worldwide.

One to two-thirds of cigarettes tossed by smokers end up buried in landfills, leeching chemicals into soil, or are washed into storm drains, where they pollute water and often end up being ingested by wildlife, the study found.

Lee said the vast majority of cigarettes sold today contain filters, usually made of cellulose acetate, a type of plastic that can't be broken down.

She said other industries that produce hazardous consumer goods, like paint, fluorescent lights and pharmaceuticals, are legally responsible for the safe disposal of their products.

"Right now, we rely on civically-minded people to go out and clean up this mess, but why don't the tobacco companies do it?" she asked. "They're the ones creating this mess."

Two-thirds of butts thrown out by smokers end up in landfills. **Most modern filters are made of a plastic that can't be broken down.** COURTESY SFU

While she acknowledged smokers shouldn't be "let off the hook" for littering, Lee argued tobacco companies that create such an addictive product should ultimately be held responsible.

"We no longer find it socially acceptable for people to spit on the ground or let their dogs foul the pavement," she said. "But somehow we don't have that for littering cigarette butts, and I'd love to see that in time."

IN BRIEF

CEO says outer space 'next resource frontier'

When humans set out to colonize other planets, they're going to need resources to build their settlements. That's the pitch Chris Lewicki, the president and CEO of a U.S. asteroid mining company, delivered Monday at the annual Prospectors and Developers Association of Canada conference in Toronto. He added it will be costly, pegging water at $10 million a tonne.

THE CANADIAN PRESS

Commander calls for armed drones

The country's top military commander says he's in favour of Canada acquiring armed drones.

Gen. Jonathan Vance, appearing before the senate's defence and security committee, says he has increased the priority for the air force's drone program.

The Liberals made buying drones a commitment in their election platform last fall and put out a call to contractors.

THE CANADIAN PRESS

U.S. pours it on for PM

DIPLOMACY

Trudeau's state dinner planned for months in tailored detail

One dinner. Months of planning.

On Thursday, Prime Minister Justin Trudeau will join the ranks of other leaders, from Queen Elizabeth II, to Indira Gandhi, to Mikhail Gorbachev, who have been feted at a White House state dinner.

"A lot of planning has to go into these events, which is why they are comparatively rare," a historian with the White House Historical Association told the Star.

The invites are done in careful calligraphy. The centrepiece floral arrangements are overseen by the White House floral designer. The china settings selected — there are seven to choose from for a full state dinner.

The meal, planned by White House executive chef Cristeta Comerford and executive pastry chef Susan Morrison, will run four or five courses and feature a personal touch to acknowledge the visiting leader.

Washington is preparing to roll out the red carpet for Trudeau and wife Sophie Grégoire-Trudeau to fete a Canadian leader in a way that hasn't been done for almost two decades.

Thursday's state dinner at the White House — a chic and relatively rare event — promises to grab the spotlight when Trudeau visits with U.S. President Barack Obama.

But it's the symbolism of the state dinner and the substance of Trudeau's Oval Office meeting with Obama scheduled for earlier that day that together signal the president's interest in making the visit a success, observers say.

"It's really clear ... the president has invested in this visit," said Paul Frazer, a former Canadian ambassador who now works as a consultant in Washington.

Canadian Prime Minister Justin Trudeau and his wife Sophie Gregoire arrive at the Commonwealth Heads of Government Meeting (CHOGM) in November 2015 in Malta. Washington is preparing to roll out the red carpet for the prime minister for a state dinner at the White House. GETTY IMAGES

> **It's really clear the president has invested in this visit.**
> Paul Frazer

"He wants this to be a success for the prime minister and for Canada-U.S. relations," he said.

In a town well-accustomed to the trappings of power and influence, these dinners still stand out. "They are not held very often so they are standout events from the usual receptions and other events that can take place at the White House," the association historian said.

The Canadian delegation gets 20 tickets. That delegation will include Foreign Affairs Minister Stephane Dion; International Trade Minister Chrystia Freeland; Defence Minister Harjit Sajjan; Environment Minister Catherine McKenna and Hunter Tootoo, minister of fisheries, oceans and the Coast Guard.

Jean Chretien was the last prime minister to enjoy a state dinner in 1997, then hosted by U.S. President Bill Clinton.

THE CANADIAN PRESS

60 MINUTES

Actress mistaken for PM's mother

Call it a 60 Minutes oops moment.

The venerable CBS newsmagazine aired a profile on Prime Minister Justin Trudeau on Sunday, and for the most part, it cast Canada's new leader in a glowing light ahead of his visit to the White House. But there was one noticeable gaffe in the piece.

Attentive Canadians took to Twitter and pointed out that as the CBS reporter was talking about the prime minister's parents — Pierre and Margaret Trudeau — the show displayed an old photograph of Pierre Elliott on a date with actress Kim Cattrall in 1981.

A 60 Minutes spokesman said the program regretted the error.

THE CANADIAN PRESS

Kim Cattrall and former PM Pierre Trudeau in 1981.
TORSTAR NEWS SERVICE FILE

Catherine, Duchess of Cambridge, and Prince William **with their children Princess Charlotte and Prince George.**

Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge, laugh after the Duchess threw a snowball at Prince William during a private break skiing in the French Alps.

Prince William, Duke of Cambridge with his daughter Princess Charlotte.

ALL PHOTOS JOHN STILLWELL/AFP/GETTY IMAGES

SKI HOLIDAY

March break for the Royals

Kensington Palace has released photos of Prince William, the Duchess of Cambridge and their children George and Charlotte on a ski holiday in the French Alps.

The six images published Monday show William, Kate, 2 1/2-year-old George and 10-month-old Charlotte on the snowy slopes last week.

The palace says it was "their first holiday as a family of four and the first time either of the children had played in the snow."

Two photos show the royal couple having a playful snowball fight.

The release of the pictures follows a media policy established when William and his brother Prince Harry were children: privacy in exchange for agreed-upon photo opportunities at birthdays and during school holidays.

That allowed the princes to have — by royal standards — a relatively normal upbringing, something Kate and William are keen to give their own children. THE ASSOCIATED PRESS

Voices in prison

HUMAN RIGHTS

Women draw focus as political prisoners

On International Women's Day, female voices are being heard as never before, speaking up for equality, peace and human rights — even as political prisoners. Here are high-profile women behind bars in 2016.

NADIYA SAVCHENKO: Ukraine

Captured in June 2014 fighting as a volunteer against Russian-backed rebels in eastern Ukraine, Savchenko, 34, was taken across the border and charged with co-ordinating a mortar attack that killed two Russian journalists. Russian authorities say she sneaked into Russia illegally, Prosecutors are calling for a 23-year jail term. Thousands have rallied for her release in Kyiv, where she's considered a national hero. If there is a guilty verdict, the pilot wrote, she will go on hunger strike.

KHADIJA ISMAYILOVA: Azerbaijan

Ismayilova, 39, an award-winning investigative journalist, ran afoul of Azerbaijan President Ilham Aliyev after accusing him and his family of corruption. She was arrested in 2014 during a crackdown on independent media and activists and sentenced to more than seven years for "economic crimes." Celebrity human rights lawyer Amal Clooney has signed on to her defence.

WANG YU: China

In 2008, Yu, a human rights lawyer, was denied entry to a train after buying a ticket. After demanding to board she was beaten, and then herself charged with assault. Fired up by the injustice, she took on cases of clients that other lawyers feared, including five female activists arrested for protesting sexual harassment. Yu, 44, was seized by security forces in July 2015, and charged with subversion six months later.

MARY ANNE GRADY FLORES: U.S.

Flores was arrested in February 2013 after photographing a protest at the Hancock airbase in Syracuse, N.Y., and convicted of violating a protection order issued to keep protesters away from the base. Released on bail, she was ordered back to jail in January with a reduced six-month sentence.

TORSTAR NEWS SERVICE

HUMANITARIAN AID

Doctors set up camp in France

Doctors Without Borders has opened a humanitarian camp for migrants in France.

More than 1,000 people fleeing the Middle East and Africa have been living in squalid shelters in a muddy field near the English Channel shore, hoping to sneak across to Britain.

About 150 people abandoned the camp in Grande-Synthe, near Dunkirk, to move Monday to wooden sheds with access to toilets and electricity built nearby by Doctors Without Borders, spokesman Samuel Hanryon said.

The aid group, known by its French acronym MSF, hopes hundreds more will join them in the coming days. It's MSF's first such camp in France — a sign of how bad things have become for the migrants in Grande-Synthe. The 2.5 million-euro site at Grande-Synthe comprises 4-person sheds and access to showers, kitchens and electricity. THE ASSOCIATED PRESS

Avoid friends to save: Study

SHOPPING

Frugal people found to spend more when out with others

Your friends might be your worst enemy if you're hoping to save money, a new study shows.

Frugal shoppers, when they were with higher-spending friends, spent more money than they would on their own, the study, conducted by Dr. Seung Hwan (Mark) Lee at Ryerson University, found.

It's a reversal of the usual image of frugal shoppers as staunchly independent purchasers who are immune to social pressure, said Lee, an associate professor at the university's Ted Rogers School of Retail Management.

"A lot of the frugality literature talks about how they are resistant to it, but ... it's not necessarily the case," Lee said.

The inspiration for the study came from Lee's personal experience. Though he considers himself very frugal, Lee noticed he would spend more money than he liked when he went out with certain friends.

Thrifty shoppers might not notice they're spending more than usual if they're comparing their spending to that of their friends, says Dr. Seung Hwan (Mark) Lee at Ryerson University. ISTOCK

In his study, Lee had participants order from restaurant menus, telling them a company was trying to understand dining habits. They were asked to choose an ideal meal they would have with friends.

If those friends were also frugal, the frugal participants spent $10 on average. But if the friends were big spenders, frugal participants spent $15 on average. Non-frugal participants spent around the same no matter what their friends spent.

It's possible that frugal shoppers might not notice they're spending more than usual, Lee said, if they're comparing their spending to that of their friends.

"It might not be that we're spending just as much as all of them. All my friends could be spending $25 on a meal. I could be spending $15, but that's still more than I would have spent in my normal daily life," Lee said.

Lee doesn't know how much the restaurant setting influences spending decisions. He said it's possible there's a heightened sense of social pressure when eating that might not exist in retail, especially when splitting a bill.

"When you're shopping, you don't really buy for other people. You're not sharing your electronics that you're about to buy," he said.

But there are certain techniques retail stores can use that emulate that group-spending feeling, like coupons that require multiple people to buy in at once.

"If you're just a customer when you're buying for yourself, you have that control. But if you encourage group buying, you have a mix of influence ... that may rub off on frugal customers," he said.

TORSTAR NEWS SERVICE

RETAIL TRICKS

Some ways retailers try to get you to spend more.

- **Removing the dollar sign from menus:** A Cornell university study found people pay more when they only see a number and no dollar sign.
- **Decoy pricing:** Creating a decoy option makes people choose a more expensive one. Given two options to subscribe to a magazine — web for $59, or print and web for $125 — most people chose the cheaper one. But add just print for $125 and most chose the print and web option because it seemed like the best deal.
- **Reduce the font size:** Items with price tags in smaller font sizes were more likely to be bought than prices in big fonts.
- **Anchoring:** How to sell a $700 handbag? Put a $2,000 handbag next to it. People will latch on to any number presented to them as an anchor from which they make their decision.

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metro VIEWS

Your essential daily news

Tuesday, March 8, 2016

BRAND NEW BEAT A new robotic drumming arm could one day add **a distinct three-handed sound** to your garage band.

EMMA TEITEL: ON WIDENING THE WOMEN'S MOVEMENT

A lot of people harbour feminist values; they just don't want to be associated with the word feminist or the culture around it. The reason may be patriarchy. But I suspect it is also orthodoxy from within.

It's easy to be cynical about International Women's Day, an event rooted in radical socialism (one of the first Women's Day events was organized in 1909 by the Socialist Party of America), that is — in its current form — about as politically radical as a Santa Claus Parade.

After all, the celebration's modern proponents include Coca-Cola, Exxon Mobil, and of course Dove cosmetics — always there to remind you that "you are beautiful," even when you haven't slept in two days and you have a zit on your chin the size of Gibraltar.

But if you can get past the insipid social-justice grandstanding by corporations and celebrities, International Women's Day is kind of like feminist Yom Kippur: a perfect occasion for reflection and repentance.

It is a day on which everyone has a certified excuse to ask herself: What's going well in the world for women and what still sucks? And most importantly: What can we do to make it better?

So let's expound on the good news first.

Whatever your feelings about eternally sunny Justin Trudeau and his wife's ill-timed a capella scatting, the federal government has done some very decent things for womankind of late.

For example, just yesterday International Development Minister Marie-Claude Bibeau announced that Canada will contribute $81.6 million under the United Nations Population Fund in support of women's health services in developing countries — including existing abortion services.

We are also committed, evidently, to gender parity in cabinet, a new norm instituted last year by the prime minister, who joined the ranks of modern heroes Daniel Radcliffe (Harry Potter) and Patrick Stewart (Captain Picard) when he publicly declared himself a feminist.

Despite the grumblings of jaded conservatives, this is no small thing. Just as it is hugely significant for black American kids to grow up with a black president in the White House, and gay Ontarians to grow up with a lesbian premier at Queen's Park, it is also hugely significant for Canadian girls — and boys for that matter — to grow up with a self-avowed feminist at 24 Sussex — or Rideau Cottage — or wherever Trudeau happens to be living at the moment. (Perhaps he is staying with his "other" mother, Kim Cattrall).

cent of Canadian women do not call themselves feminists; similarly a global poll conducted by Ipsos in 2014 indicated that only 17 per cent of Canadian women identified as feminist.

This finding is especially bizarre because the study showed significant support for equal rights between the sexes on questions where the issue of feminist identity wasn't present. Which means: A lot of people harbour feminist values; they just don't want to be associated with the word feminist itself, or the culture around it.

NO FEAR OF THE F-WORD Prince Harry, Prime Minister Justin Trudeau, actor Joseph Gordon-Levitt and comedian Aziz Ansari are among the modern men who heroically self-identify as feminists, Emma Teitel writes. GETTY IMAGES

But Trudeau's self-professed feminist designation is important most of all because the adverse realities for women — from crappy work-life balance in institutions built by and for men to an abysmal sexual assault report rate — will never turn around if engagement and identification with feminism remains dismally low.

Which brings me to the bad news: While feminism in Canada has an exceptionally loud voice — thanks in large part to social media — it has a depressingly narrow reach. A survey of 1,000 Canadian women aged 35-45 conducted by Chatelaine magazine late last year revealed that 68 per

The reason for this may be patriarchy at large, as many within the movement profess. But I suspect it is also orthodoxy from within: namely an obsession with ideological purity and a rush to shame newcomers who don't cleave to the party line — or who merely have questions about the party line.

To quote a friend who has strong feminist ideals but is afraid to engage with the issues in a bigger way online, namely because her thinking on gender wage gap differs from the status quo: "I would be shunned. I would probably be labelled anti-feminist. And some would probably attempt to cyberbully me into submission."

This is a person who asked to remain anonymous not because she fears ramifications from her employer, the police or some criminal entity, but from other *feminists*. That's a problem.

Is it a bigger problem than abortion access, childcare or sexual assault? Of course not. (And no, she doesn't realistically believe other feminists pose a threat to her physical safety).

But if we want to expand our ranks and thus the likelihood of our success, perhaps it's time we issued a moratorium on the knee-jerk condemnation of women whose ideas and language aren't ideologically pure — but whose hearts are in the right place. Perhaps then, our reach will be as wide as our voice is loud.

Happy International Women's Day.

Male Feminists à la Justin Trudeau:

Prince Harry: The royal is involved with a number of women's causes, including CHIME for Change, a charity concert seeking to empower girls and women.

Joseph Gordon-Levitt: The actor is a proud feminist. In his own words: "What feminism means to me is that you don't let your gender define who you are."

Mark Ruffalo: The Spotlight actor is a vocal advocate for women's reproductive rights.

Barack Obama: The president's 2014 State of the Union address was famously feminist. In his own words: "It's time to do away with workplace policies that belong in a Mad Men episode."

Aziz Ansari: The comedian came out as a feminist on the David Letterman show last year.

Emma Teitel is a national columnist for the Toronto Star.

ROSEMARY WESTWOOD

metroview

Recently in sexism: Barristers, buses and busts edition

Welcome to another "What's new in latent and not-so-latent sexism," your brief, necessarily incomplete (there's so much to choose from!), talking points for Twitter fights.

No really, you should care: It's International Women's Day!

1. "Woman gropes man's genitals over his clothing while he sleeps on public bus" read no headline, ever. But a woman in Halifax was sexually assaulted in just such a way late last month.

Positive spin: She's reported the assault to police and is talking to the media to make sure her assailant knows "who I am, and that I have a life, and that I'm not just some random person on a bus."

Actually, she's a single mother of two and a full-time student, hence the dozing off.

"We need to start treating women with more respect because we are not objects," she said.

2. Female criminal lawyers are leaving their field in droves, driven by factors ranging from child-care issues (and challenges returning to work post-maternity leave), financial struggles, and "differential treatment" by lawyers and crown attorneys, a.k.a., sexist treatment.

Some still get called "little lady," a detail that, when I heard it on the radio, convinced me I was listening to historical tape from the 1990s. Au contraire, silly me! In their study, the Criminal Lawyers Association found a 72 per cent attrition rate among female lawyers, and suggest, among other things, a few more women on the bench would help (nationally, 63 per cent of judges are men).

3. New Statistics Canada numbers crunched for the Globe and Mail found women make 73.5 cents for every dollar a man makes in Canada.

That's not really a headline, so much as a stubborn reality. Differences in salaries for typically female vs. typically male jobs are blamed, but women are also more likely to work low-wage jobs, experience poverty and make less than men in their fields (not only do male professors outnumber women two-to-one, but a 2014 McMaster study found they make about $2,300 more).

4. Finally: sexism in statues. Of the five most recent public-art statues erected in Toronto, only one is a woman. To be specific: solely her head. The late writer Gwendolyn MacEwen apparently didn't warrant the full-body treatment, unlike the man immortalized. Men are vastly overrepresented in city sculptures generally, and also far more likely to be clothed.

And that concludes this second instalment. Good luck to us all.

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metro LIFE

Your essential daily news

Joseph Gordon-Levitt drops out of Sandman film saying he and studio don't see "eye to eye"

DONTAE RICHARDS-KWOK, 26
SPRINTER, 100 & 200 M
6 feet, 175 lbs.

7:30 a.m. (breakfast): A couple hard-boiled eggs, fruits and a smoothie — usually one or two fruits plus spinach, kale, and some seeds. **9:15 a.m.** Training for 2-3 hours. **12 p.m. (lunch)** omelette (diced peppers, tomatoes, ham, spinach, cheese) and/or salad, water or electrolyte drink. **2:15 p.m.** Back to gym. Lift session for about an hour and a half. **3:30 p.m.** Stretch, therapy, recovery session for an hour **5 p.m.** Protein shake. **7 p.m. (dinner)** If I'm eating carbs, usually pasta with a salad. If I'm not eating carbs, I'll have a larger salad with a grilled chicken breast or a steak. **10 p.m.** Stretch, self-calibration

STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Eating to win

HEALTH

Nutrition for athletes is more than just carb loading

As a time-strapped student athlete, volleyballer Kristina Valjas' go-to fuel was a bowl of Kraft Dinner or a bag of chips. Cheap, easy and tasty, but the junk diet eventually caught up with her.

"The turning point was the shin splints. It was extreme pain," said Valjas, now 28 and a beach volleyball player with Canada's national team. She'd developed bone density issues, partly due to a calcium deficiency.

What athletes eat can mean the difference between high level success and body breakdowns, but it takes time, effort and education to get it right, say dietitians and athletes. This can be tricky in a world where some seem able to eat whatever they want, but athletes say as they age, they know what works for them and what doesn't. "It's, like, immediate now for me," said Melissa Tancredi, a member of the Canadian women's national soccer team who lives in Vancouver. "I'll know right after I eat something (unhealthy) like, oh that wasn't good. Your body's like, no, I feel awful ... You feel sluggish, you feel tired."

Tancredi (pictured right), now 33, admits she paid little attention to what she ate as a young athlete, but now credits healthy eating with helping her to perform at her best in her 30s. She mainly sticks to organic meats, fruits and vegetables — though she's not averse to a rich curry. The main thing sports dietitian Melissa Kazan notices with her athletes at the Canadian Sport Institute of Ontario is that they don't snack or plan ahead enough. Kazan teaches her athletes to pack healthy snacks, such as granola bars, soy milk packs or chocolate milk, and she advocates for an "everything in moderation" approach to eating.

"We always think, athletes, all they eat are carbohydrates or high carbohydrate diets — it really has to be varied," she said.

Kazan said when an athlete's training load is high at the beginning of the season, they're likely eating more carbohydrates but as training sessions are tapered throughout the season, carbohydrate intake typically drops.

Protein and fat intake typically remains the same, she said.

As for how many calories athletes consume, it depends on the athlete and the sport, said Kazan. Male swimmers competing at the national level might consume 6,000 calories per day.

The day's schedule might also affect what an athlete eats, she said. Someone who can get away with eating greasy foods on a training day won't be able to do so on competition day, said Kazan, since fat is a heavy nutrient to digest. "You have to realize that saturated fats, sugars and the rest of those not-as-great nutrients ... still have the same effect on the body, whether you're a runner, whether you're an endurance athlete or not," said Andrea Falcone, a registered dietitian and fitness professional. "The best fuel is going to give you the best output." TORSTAR NEWS SERVICE

MELISSA TANCREDI, 33 CANADIAN WOMEN'S NATIONAL SOCCER TEAM 5-foot-7, 170 lbs.

8 a.m. (breakfast): 2 eggs, 2 pieces of gluten-free toast, cup of spinach sautéed in light olive oil, Raspberries + blueberries, espresso. **11 a.m.** 1 hour of striker training; finishing, footwork, sprints. **12 p.m.** Protein shake; coconut meat, coconut oil, coconut water, biosteel vegan protein. **1 p.m. (lunch)** Chicken and veggies, rice. **4 p.m.** Conditioning, usually HIT intervals or weight circuit. Snack right after training: almond, cashew, dried mango mix. **5 p.m.** Protein shake. **7:30 p.m. (dinner)** Salmon, grilled asparagus, baked Brussels sprouts, spring mix salad with chopped almonds, cut-up strawberries, fresh feta, balsamic vinegar + olive oil dressing. **9 p.m.** Decaf tea. Maybe a snack of plain Greek yogurt and almond butter. **To drink:** 3 L of water or more.

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Yoga move has your back

BACKSPIN

Deconstructed shoulder pose aids range of motion

YuMee Chung
Torstar News Service

Want to maintain strength and flexibility as you age? Experts say the secret is to "use it or lose it."

Let me show you a pose that takes your shoulders through the range of motion necessary to do up a back-closure bra (or scratch the middle-upper back if you don't own a bra). It's called the Backspin and it's a deconstructed version of a yoga classic called Cow Face Pose.

Pressing the back of your hand into the spot between your shoulder blades provides long-term benefits. TORSTAR NEWS SERVICE

NEW SPIN ON A CLASSIC Practise the Backspin to ensure your shoulders retain necessary mobility for years to come.

The Backspin

1. Internally rotate your right arm and bring the back of the hand to rest on the small of your back. Channel your inner speed skater.

2. Wiggle the hand up your back toward the spot between your shoulder blades.

3. Feel stuck? Help yourself along by leaning the right outer-upper arm against a wall to squash the inner arm against the side seam of your body. Use this opportunity to squirm the hand a little further up your back.

4. Press the back of the hand actively into your body as if you are going for a winning backhand with a ping pong paddle. Imagine you could pass the hand right into your body and out the other side.

5. Hold for five breaths before switching sides.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

WORKOUTS

Sports that burn up the calories

The top five calorie-killers include cross-country skiing, step, skipping, running and boxing. Personal trainers recommend two to three 45-minute sessions a week in order to see results.

1 Cross-country skiing, 974 calories per hour, uphill Skiing works muscles in the lower body hard (quads, calves, glutes). Muscular activity increases with speed, which can explain that burning thigh feeling often associated with the sport. Skiing also strengthens abdominal muscles, as well as the back, shoulders and arms.

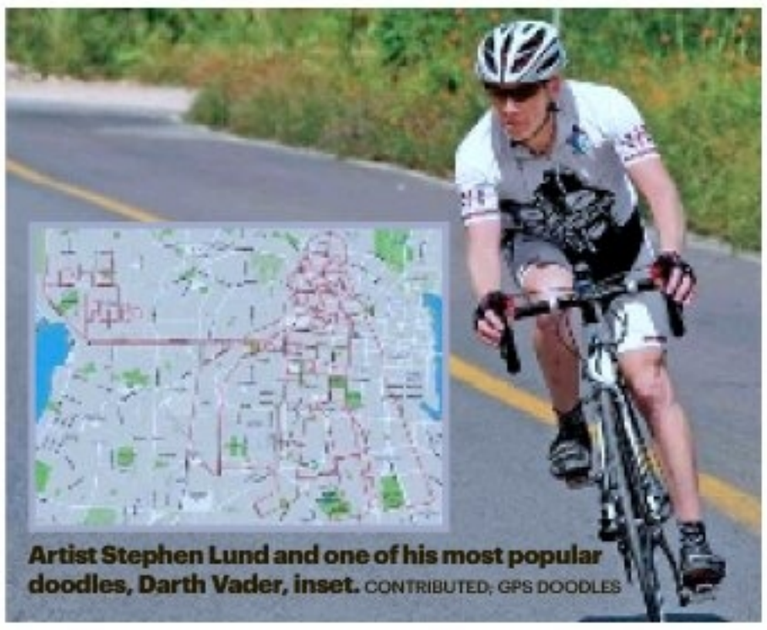
2 Step, 876 calories per hour A step aerobics class is a full-body workout, since arms are also included in the dance-style moves. During longer sessions (between 30 and 45 minutes), the body burns sugars then dips into fat reserves as a source of fuel. Step is great for slimming down waistlines and strengthening muscles.

3 Skipping, 800 to 850 calories per hour Jumping rope is an excellent cardio exercise for improving physical fitness, bringing benefits to the whole cardiovascular system. Skipping can aid weight loss, and it's a great way to tone up arms and calves quickly.

4 Running, 600 to 800 calories per hour Running is one of the best sports out there for burning calories and losing weight. An all-round workout, running boosts cardiovascular fitness and strengthens back and abdominal muscles, as well as the lower limbs, working both the legs and the buttocks.

5 Boxing, 600 to 800 calories per hour Boxing is a punch-packed sport that hits hard in the body's energy reserves. This activity is available at loads of gyms and sports clubs for a workout combining speed and technique. Boxing works the arms, abdominal muscles and legs. AFP

Cross-country skiing burns 974 calories. ISTOCK



Artist Stephen Lund and one of his most popular doodles, Darth Vader, inset. CONTRIBUTED; GPS DOODLES

BE-SPOKE ART

'Cycleangelo' uses streets as his canvas

They call him Cycleangelo. His canvas is the streets of Victoria and his artist's tools are a bicycle and a pair of spandex-clad legs.

Stephen Lund, 50, has become a minor celebrity in the biking world after creating more than 85 incredible virtual "doodles" by tracking his specially designed bike routes via GPS, and uploading them to the Internet.

He started with a simple New Year's message spelled out on the streets, but his designs quickly evolved into massive, amazingly complex critters and characters that take hours to plot out and even longer to cycle through.

Lund, a 50-year-old who works as a marketing consultant, is an avid amateur cyclist. He said he biked more than 22,300 kilometres last year, about a quarter of which he spent on his map art.

He said he conceived of the doodles as "a way to inject a little bit of fun into my bike rides" after he bought a GPS tracking device and paired it with the Strava app a little over a year ago.

"It struck me almost immediately that this red line on the map had more to it than just tracking ... I decided to do some experimentation," he said.

The pieces, some of which span an area greater than 100 square kilometres, require meticulous planning. He uses the satellite and Street View features on Google Maps to write himself directions so detailed that he knows to turn "at this fire hydrant three-quarters of the way up the block."

Lund's doodles are so incredible that some people don't believe they're real. Internet commenters have accused him of being a fraud, he said, but he's adamant the images are authentic. "You can't outwit the GPS," he said.

Most people's reactions have been overwhelmingly positive. He's done spots on television, been featured in cycling magazines, and last November was invited to speak at the TEDx conference in Victoria.

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TECHNOLOGY

Survey sparks talk about sexist emojis

Men can be police officers, detectives or construction workers. Women can be brides, princesses or bunny ear-wearing dancers.

At least, according to emojis.

This issue of gendered stereotypes perpetuated by emojis and the subtle limitations stereotypes placed on young girls is the focus of a video and survey from Always brand feminine hygiene products. The video — part of a campaign to promote confidence in young girls — shows girls sadly realizing many of their favourite female emojis only wear pink, few are playing sports and none are represented in professions.

The Always survey, conducted by MSLGROUP public relations firm, included responses from 1,000 American women aged 16 to 24 who were asked questions about their attitudes toward and use of emojis. The online questionnaire found that 75 per cent of respondents want to see female emojis portrayed more progressively and 67 per cent said the available emojis imply girls are limited in what they can do.

"If you scroll through the emoji options ... there is a lot of pink and hearts and lipstick, kisses, a pink purse — a lot of emojis that are very stereotypically girly," said Heather Payne, CEO of HackerYou, a Toronto-based programming boot camp. "Why isn't there a police officer with a female haircut?"

So why can't Apple just pop a ponytail on the side of a police helmet?

It's not that simple.

Emojis are regulated by Unicode Consortium, a non-profit organization committed to developing, maintaining and promoting software internationalization standards and data. The organization is responsible for ensuring the images appear similarly across different platforms, but each platform — such as WhatsApp, Gmail or Facebook — decides exactly how the emoji appears, explains Montreal-based linguist Gretchen McCulloch, who is writing a book about Internet language.

"What the body looks like is not up to Unicode, necessarily, but the people who make the graphic art," McCulloch said. "Unicode doesn't mandate the girls to be in pink. That was a decision on the part of Apple's graphic design team."

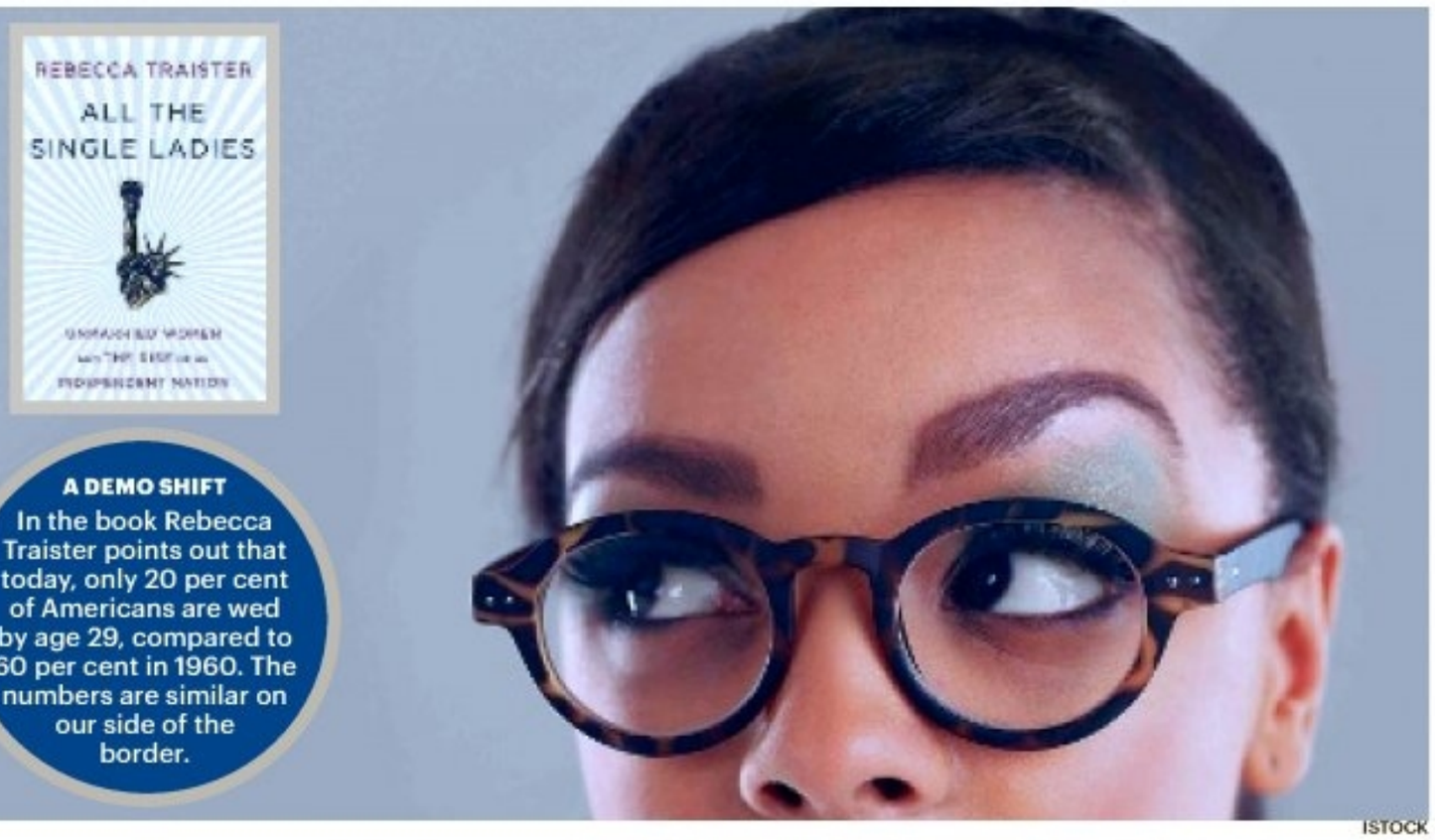
So while Apple's "dancer" emoji portrays a woman in a red dress, Google's depiction is a yellow blob with a rose in its mouth.

In general, it appears Google prefers using gender-neutral images when Unicode doesn't specify "male" or "female," while Apple chooses more gender-specific images, said McCulloch.

Apple declined to comment on details of emoji design or respond to criticism when contacted, but said the company adheres to the Unicode standard.

TORSTAR NEWS SERVICE

Heather Payne, CEO of programming bootcamp HackerYou calls the emoji stereotypes 'super subtle.' TORSTAR NEWS SERVICE



A DEMO SHIFT

In the book Rebecca Traister points out that today, only 20 per cent of Americans are wed by age 29, compared to 60 per cent in 1960. The numbers are similar on our side of the border.

ISTOCK

From must-be married to modern single lady

HISTORY

New book traces path of the feminist movement

Look around your social circle and it's difficult to miss: There are more single people than ever before.

As noted feminist writer Rebecca Traister points out in her new book, All the Single Ladies: Unmarried Women and the Rise of an Independent Nation, today only 20 per cent of Americans are wed by age 29, compared to 60 per cent in 1960. The numbers are similar on our side of the border.

For our mothers, adulthood began with marriage. The median age for marriage fluctuated between 20 and 22, just as it had been since the late 19th century.

Interestingly, a lot of the freedom among contemporary women to live singly now — and to be economically, socially and sexually independent — was built on the victories of second wave feminism, says Traister. "But in fact, a lot of second-wave feminists were traditionally married very young."

By contrast, women today live a new kind of adulthood that is kicked off not by marriage, but by years or whole lives lived outside matrimony, she writes. A key difference is that single life no longer carries the stigma it once did for women. (When was the last time you heard the word "spinster" in conversation?)

In fact, in 2009, the proportion of women who were married dropped below 50 per cent and the median age for first marriage is now around 27, much higher in many cities.

"Sociologists now talk about how marriage — across classes — has become a capstone event, rather than the thing that kicks off adulthood and then you grow together to become an economically stable unit to have your kids. Now people tend to get married as a sort of sign that everything else has fallen into place: you have met the perfect person, you are economically stable — and this is especially true when you get outside of wealthier populations — that you've had a kid together and proven you can parent together."

Once Traister dove into the book's research, she discovered that unmarried women have made important strides in advancing various causes — including their own — at a number of points in history.

"There had been active conversations amongst women and in the press about the merits and the tolls of traditionally married life for women extending back hundreds of years," says Traister.

"In the 19th century, especially for white women, marriage rates dropped. Tremendous numbers of men were moving west. And secondly, there were huge numbers of casualties from the Civil War, so fewer men to marry.

"That population of women — with their lives not subsumed completely by wifely and maternal responsibility — wound up devoting their energies to a lot of reform movements that ended up radically changing the nation.

"It was a lot of unmarried or late-married women (who) were very active in the causes of abolition, suffrage and temperance."

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER
WHAT I'M WATCHING

Father's pride valued more than her life

THE SHOW: A Girl in the River: The Price of Forgiveness (HBO)
THE MOMENT: Saba's eye

Saba. PHOTO COURTESY HBO

In this documentary short, which just won the Academy Award, we meet Pakistan native Saba, 19, who survived a so-called honour killing: She married a man her father and uncle didn't approve of, so they shot her in the head and dumped her in a river.

As we watch, the police arrest the shooters, and a lawyer urges Saba to prosecute. But her family and village elders pressure her to forgive them. If she does, under Pakistani law, they'll go free. You know who wins.

"Everyone says I am more respected now," Saba's father tells filmmaker Sharmeen Obaid-Chinoy (a Pakistani-Canadian whose 2012 doc short, Saving Face, also won an Oscar), without a trace of regret. "They say I am an honourable man. They say what I did was right."

And there you have, in under 40 minutes, an answer to how intractable problems remain intractable. That "they" whom Saba's father quotes — it's chilling to think about who they are, why they have power, and how they keep it.

"I can proudly say that for generations to come," Saba's father sums up, "none of my descendants will think of doing what Saba did."

Haunting as that is, what I can't forget is Saba's eye. When we meet her, her wound from the shooting is fresh, and her left eye is red with burst vessels. When we leave her — bereft of her dream of justice, her fight already over and done with — so little time has passed that her eye is still red.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Williams returns to Broadway with Blackbird

THEATRE

Play challenges audiences with portrait of young victim

"She can't see the play, be anywhere near the play, hear the play, listen to the play."

Michelle Williams, on banning her daughter from watching her performance in Blackbird, where her character confronts her childhood sexual abuser

Before you can get to Michelle Williams' dressing room at the Belasco Theatre on Broadway, you pass one with a sofa upholstered in bright colours, a flat-screen TV and a disco ball attached to the ceiling.

It's reserved for her 10-year-old daughter, Matilda, who can now come to work with mom and hang out, knitting or watching movies. There's one rule: She must not know what mom is doing down on the stage.

Williams is starring opposite Jeff Daniels in Blackbird, a disturbing tale of an older man, a much younger woman and what happens when they meet 15 years after their brief and illegal relationship has ended.

"She can't see the play, be anywhere near the play, hear the play, listen to the play," Williams said. "This is so she can come and hang out with mom, but with a lock on the door."

Downstairs, Williams plays a vengeful victim, hurling accusations at her former lover with devastating accuracy, and yet harbouring a few problems of her own.

The actress said the topic is, unfortunately, always timely. "You can't not know somebody who's been abused. It's far more common than it should be," she said. "So I find it very specific and very general."

Williams seems to have found a way to balance work with single motherhood. She is raising her daughter with the late Heath Ledger in an apartment in a charming, cobble-stoned neighbourhood of Brooklyn, above a grocery store.

To accommodate Williams' schedule, producers have agreed to have no shows on Sunday — traditionally a key box-office draw — so "we can have a real life." The two recently attended a concert by the girl's favourite singer, Stevie Wonder, and she shows a photo on her phone of Matilda wearing an ecstatic expression.

David Harrower's Blackbird marks the first big job Williams has tackled since she spent the better part of a year singing and dancing in the latest revival of Cabaret as the complex nightclub singer Sally Bowles.

"That took the stuffing out of me," she said. "I put myself out to pasture for a while after Cabaret. I ate a lot, literally, and ran lazily around fields because I was so tired. And then this came up and I just couldn't say no."

Although she had done some theatre, she decided to make her Broadway debut in Cabaret in 2014, wearing lingerie and belting out Don't Tell Mama and Maybe This Time for 10 months.

"I felt like I was pushed up against the edge of my ability every night. But, as a result, I feel like I could feel my ability just inch up," she said. "So that's been exciting to go back to work with some new ideas and abilities."

THE ASSOCIATED PRESS

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LEARNING CURVE

Dress to impress at job interviews

ISTOCK

After semesters of sweatpants and jeans, dressing for that first job interview or job can be a daunting prospect, especially if you're tight on cash. "(What you wear) sets the tone (at work)," says Lisa McLatchie, a personal stylist based in Toronto. "We all know first impressions say a lot and whether we like it or not, people judge us by our appearance."

But following a few fashion rules and shopping smart will ensure you'll make the good impression you need to excel in that first important job.

McLatchie says the most common mistake she sees young people make when dressing for interviews is that they're dressing too "old" in things like formal, monochromatic suits.

"People are going to expect you to look like a young person. You need to dress appropriately, but it has to be age appropriate as well," she says.

Like you would research a company's business, you should also do a bit of research as to what people wear at that particular workplace or in that particular industry, according to McLatchie. For the interview, your aim should be to dress one step up from what people wear day-to-day, she says. Your clothing doesn't need to be expensive, but it must fit well and be well maintained. "It only takes five minutes to clean up a pair of shoes, but it makes a huge difference," says McLatchie.

A good quality blazer in a colour that suits your skin tone is a great investment for both men and women, she says. "People don't really wear matchy-matchy suits anymore."

To that end, McLatchie says to not shy away from colour. "A pop of colour shows personality, whether it's in a blouse for women or socks and ties for men," she says. "Pick one statement piece and keep everything else neutral."

"A fun piece is a great ice breaker when you're going into an interview," she adds. "People notice and it sets the tone."

McLatchie even recommends going one step further and researching the psychology of colour, to learn how colours and subconsciously impact people's emotions. For example, according to colour psychologist Angela Wright in England, red can evoke a flight or fight response — probably not the reaction you want from an interviewer.

So while you should perhaps avoid a bright red shirt, "try to find a way to incorporate your personality into your outfit," says McLatchie. "You got in there because of your resume and credentials so now looking the part becomes key."

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ISTOCK

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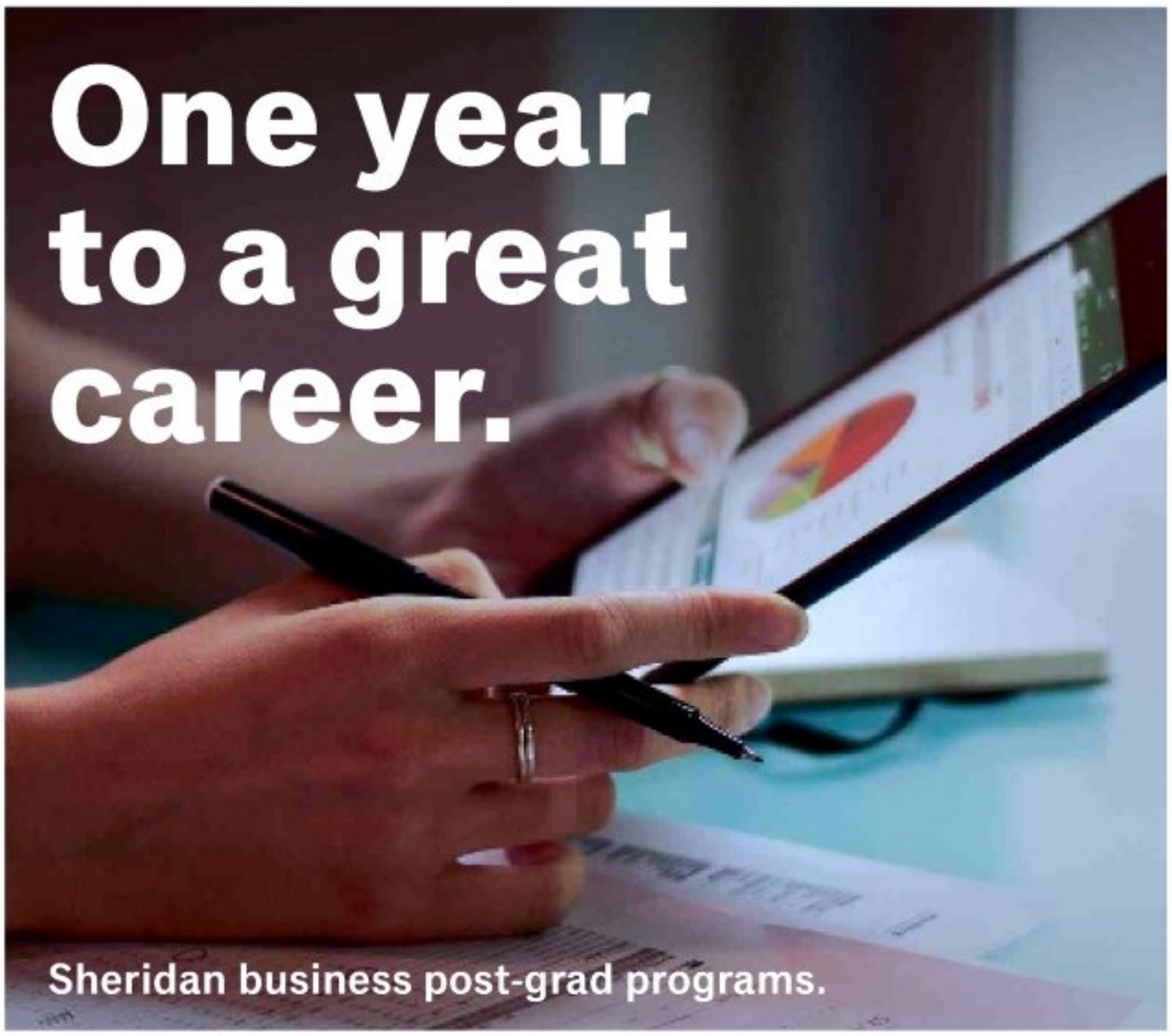

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Hurricane Hazel to be inaugural chancellor

As Sheridan College continues a bid it began in 2011 to become a university, one of the latest step it has taken is appointing its first chancellor — one who anyone living in the Greater Toronto Area will recognize.

"Different names came up when we were discussing who would make a great inaugural chancellor but we kept coming back to the fact that Hazel McCallion would be a natural choice," says Sheridan president Jeff Zabudsky of the appointment of the former Mississauga mayor, who recently turned 95. "She was genuinely honoured and never had a second thought."

McCallion's role as chancellor, which reflects one aspect of the governance structure of a university, comes after a longstanding relationship with the school. The popular politician heavily advocated for Sheridan's expansion into Mississauga, which resulted in the location being named after her. Since opening its doors in 2011, the Hazel McCallion campus has become so popular an expansion will open this summer.

"Hazel recognized the need for Sheridan's growth as Mississauga grew," says Zabudsky. "Her focused attention on young people and their success has made this a relationship that we want to continue and having Hazel as our inaugural chancellor will allow that to happen. This also sets the bar really high for us because she is someone who is recognized nationally and globally as a community leader."

The largely ceremonial role is a voluntary, unpaid position with a three-year term. McCallion will be formerly installed as chancellor in June 2016, prior to the first convocation ceremony in which she will hand out degrees, diplomas and certificates to students. McCallion will also take part in other special occasions.

"I've had students asking if they are going to receive their parchment from the new chancellor because they are so excited to meet her," says Zabudsky. "In speaking to our senate, which governs our academic decisions, there was really warm feelings as well."

Sheridan College has given itself until 2020 to meet the criteria of Universities Canada, which, while not an accreditation body, does set criteria that most recognize as the standard for university status.

The big business of alcoholic beverages

ISTOCK

In Canada, the wine, beer and spirits industry generates more than $40 billion in annual sales and is one of the country's largest segments. In response to rapid growth in this area, Centennial College is preparing to launch a new offering focused on giving students the specialized business skills needed to succeed.

"What makes the advanced business management — alcoholic beverages program unique is that it is offered through the School of Business and is, at its core, a business program," says Amy Morrell the chair of marketing, entrepreneurship and fashion studies in the School of Business at Centennial College. "There is nothing out there that trains employees to hit the ground running like our program."

The post-graduate undertaking, which will first be offered for the winter 2017 semester in a blended format featuring online and in-person classes, will require applicants to have a degree or advanced diploma. Applicants with a two-year diploma, and relevant and significant work experience, will also be considered.

Morrell says the program will cover core business skills and topics such as human resources, sales and marketing, category management, the global regulatory environment and corporate social responsibility.

"Eight of the 14 courses will be specific to the alcoholic beverage industry and the remaining courses will have industry-specific examples," she says. "One of the courses that's very cutting edge is our omni-channel retailing course, which looks at merging digital insights with the physical consumer experience and involves a lot of analytics."

To ensure students receive practical experience, the program will include case studies, role-playing and a capstone course that will present learners with a real world industry problem. Morrell says the program has the support of various industry partners to ensure students' experience is interactive and realistic.

"Our program advisory committee includes reps from LCBO, Labatt, Drinks Ontario and MAAD, among others," she says. "Further to that, we actually received letters of endorsement from the industry. There is huge industry support for this offering."

Once students complete the program, says Morrell, they will be prepared for careers in roles such as supply chain analysts, product analysts, brand managers and marketing specialists.

metro SPORTS

Calgary wrestling legend Bret (The Hitman) Hart says he is 99 per cent sure he has beaten prostate cancer

Manning calls end to 18-year career

NFL

Five-time MVP retires with two Super Bowl titles in tow

His voice cracking with emotion, Peyton Manning said goodbye to the game he loved at a news conference packed with friends, family and laughter.

He threw in some Scripture, some fond memories and even a dig at Super Bowl 50 MVP Von Miller, whom he thanked for taking a break "from your celebrity tour to be here today."

He ended it with his signature "Omaha!" and then posed for pictures with more than a dozen of his former teammates with the Indianapolis Colts and Denver Broncos, each of whom he helped win a Super Bowl.

Manning, who turns 40 this month, said the timing was simply right to call an end to his 18-year NFL career.

"I thought about it a lot, prayed about it a lot ... it was just the right time," Manning said. "I don't throw as good as I used to, don't run as good as I used to, but I have always have had good timing."

He came to Denver on March 20, 2012, for the chance to win another title in the twilight of his career and GM John Elway had the blueprints.

Four years later, he hobbles away a champion just like his boss did 17 years ago.

Elway thanked Manning for coming to Colorado for the second chapter of his brilliant career, saying he made his own job easier, noting that with Manning living here, free agents were basically asking Elway "where do I sign?"

Manning went 50-15 in Denver, leading the Broncos to four AFC West titles, two Super Bowl trips, one championship and in 2013 guided the highest-scoring offence in league history — all after retraining himself to throw after a series of neck fusion surgeries forced him to miss all of the 2011 season and led the Colts to cut him.

THE ASSOCIATED PRESS

Just shy of 40, Peyton Manning will forgo $19 million and a 19th season in the NFL.

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

> **If there is a list of achievements needed to attain greatness you've checked every box.**
>
> Broncos president Joe Ellis

TENNIS

Sharapova reveals she failed drug test

Tennis star Maria Sharapova says she failed a drug test at the Australian Open.

The five-time major champion took full responsibility for her mistake when she made the announcement at a news conference Monday in Los Angeles. The former world No. 1 could face a lengthy ban from the International Tennis Federation.

"I know that with this, I face consequences," Sharapova said. "I don't want to end my career this way, and I really hope I will be given another chance to play this game."

The 28-year-old Sharapova said she tested positive for meldonium, which she said she has been taking for 10 years for numerous health issues. Meldonium, thought to be widely used by Russian athletes, became a banned substance this year under the WADA code. Sharapova claimed she didn't notice its addition to the banned list.

"I take great responsibility and professionalism in my job, and I made a huge mistake," Sharapova said. "I let my fans down. I let the sport down that I've been playing since the age of four, that I love so deeply."

Meldonium, also known as mildronate, is a Latvian-manufactured drug popular for fighting heart disease in former Soviet Union countries. Meldonium treats ischemia, or lack of blood flow, but can be taken in large doses as a performance-enhancer that increases exercise capacity.

THE ASSOCIATED PRESS

Maria Sharapova is a five-time major winner.

PETER PARKS/AFP/GETTY IMAGES

IN BRIEF

Dickey, Saunders lead Blue Jays past Braves

R.A. Dickey tossed three scoreless innings, Michael Saunders hit his third homer in as many games and the Toronto Blue Jays defeated the Atlanta Braves 3-1 on Monday.

Dickey allowed one hit to Gordon Beckham to open the third and threw 31 pitches with one walk.

Saunders, who homered twice and drove in five runs during Saturday's victory over Philadelphia, connected for a long solo shot to right field in the third. THE ASSOCIATED PRESS

Lively Soshnikov making early waves in big league

NHL

Energy-filled displays have set Leafs' Russian apart

BACKGROUND

Nikita Soshnikov is an undrafted free agent who played previously in the KHL, he chose to sign with the Leafs last March for the opportunity to play in the NHL quickly and be part of an organization that's starting anew.

Unlike fellow Toronto Maple Leafs rookie William Nylander, Nikita Soshnikov didn't make his NHL debut last week with a year's worth of hype and anticipation.

But in very short order the 22-year-old winger has made a noisy impression. Soshnikov has scored twice and dished out 16 hits in his first four NHL games, exciting teammates, coaches and fans with an energetic, enthusiastic game.

"I don't think I've ever seen anybody just go, go, go, go, go," said goaltender Garret Sparks, a teammate of Soshnikov with the Leafs and AHL's Toronto Marlies. "He's one of those guys who just doesn't really have an off-switch."

That energy was on display against Ottawa over the weekend when Soshnikov attempted 11 shots and threw out five hits in more than 19 minutes, adding another fiery goal celebration after he beat Senators goaltender Andrew Hammond with a laser in the second period.

Leafs head coach Mike Babcock has raved about Soshnikov's performance so far, noting an unwavering intensity which has ruffled a few opponents, including Tampa Bay Lightning captain Steven Stamkos in Soshnikov's NHL debut.

"He definitely gets under the skin of his opponents, but he's not a guy who's out there looking to goon it up," Sparks said.

Rather, Sparks said, Soshnikov is just an "honest" player giving it his all every shift.

Russian Soshnikov speaks limited, but improving English. He's working on it both with teammates and a language teacher.

Leo Komarov, the Leafs multilingual winger, has offered him a crutch. Komarov translates for Soshnikov where needed, mostly when Babcock delivers an instruction or drill he may not fully understand.

A speedy skater with some skill, that relentless energy and an ability to kill penalties and mix it up, Soshnikov looks to have a future with the Leafs, perhaps as a regular beginning next season. Like Nylander, he's getting a first taste following a trade deadline that saw six regulars dealt.

THE CANADIAN PRESS

Leafs rookie Nikita Soshnikov has two goals in his first four career games. CLAUS ANDERSON/GETTY IMAGES

COURT

Andrews awarded $55M in lawsuit

A jury awarded Erin Andrews $55 million on Monday in her lawsuit against a stalker who bought a hotel room next to her and secretly recorded a nude video, finding that the hotel companies and the stalker shared in the blame. After a full day of deliberations, the panel said the stalker was responsible for 51 per cent of the blame and the two hotel companies would share the rest.

Andrews, a Fox Sports reporter and co-host of the TV show Dancing with the Stars, wept as jurors announced the verdict.

Andrews testified that she suffers from depression as a result of the video, which has been viewed by millions online.

THE ASSOCIATED PRESS

HARD TIME

Michael David Barrett was sentenced to 2-1/2 years in prison after admitting to stalking Andrews.

IN BRIEF

Redskins release pivot Griffin III after four years

The Redskins have released Robert Griffin III, four years after trading a bevy of draft picks to take the Heisman Trophy-winning quarterback with the No. 2 overall choice.

The NFC East champions announced the move Monday. They had made clear it was coming.

Griffin becomes a free agent and can sign anywhere. NFL free agency begins Wednesday.

THE ASSOCIATED PRESS

Talbot, Scheifele, Burns named three stars of week

Edmonton Oilers goaltender Cam Talbot, Winnipeg Jets centre Mark Scheifele and San Jose Sharks defenceman Brent Burns have been named the NHL's three stars of the week.

Talbot had a 0.65 goals-against average, .981 save percentage and one shutout to help the Oilers win three of four. Scheifele led the NHL with six goals in four games, while Burns led all blueliners with six points in three games. THE CANADIAN PRESS

CURLING

Simmons suffers first loss of Brier

Team Canada has its first loss at the Tim Hortons Brier. Pat Simmons dropped a 6-4 decision to Adam Casey of Prince Edward Island on Monday afternoon at TD Place.

The result left Northern Ontario's Brad Jacobs (3-0) as the lone unbeaten team in round-robin play. Jacobs and Simmons were scheduled to play on Monday night. Brad Gushue of Newfoundland and Labrador defeated Saskatchewan's Steve Laycock 7-5 and Alberta's Kevin Koe edged Jamie Koe of the Northwest Territories 8-7 in an extra end.

B.C.'s Jim Cotter defeated Ontario's Glenn Howard 9-5 in the other afternoon game. Simmons, Gushue and Kevin Koe were all 3-1 after six draws. Manitoba's Mike McEwen was next at 2-1 while Cotter and Howard were 2-2. Round-robin play continues through Friday morning. The medal games are scheduled for Sunday.

THE CANADIAN PRESS

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RECIPE Lemon Thyme Chicken Burger

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These fresh and juicy burgers are fantastic with classic lettuce and tomato toppings but they're over the top with a good schmear of goat cheese.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 6

Ingredients
- 1 lb ground chicken
- 2 Tbsp fresh thyme
- 1 Tbsp lemon zest (the zest of about 1 lemon)
- 1 Tbsp lemon juice
- 1 egg, whisked
- 1/2 onion, finely minced
- 1/4 cup breadcrumbs
- 2 tsp dijon mustard
- Salt and pepper
- 1 Tbsp vegetable oil
- 6 whole wheat rolls
- Toppings: Lettuce, tomato, goat cheese

Directions
1. In a large bowl, mix together the meat, thyme, zest, juice, egg, onions, breadcrumbs, mustard and salt and pepper.
2. Using your hands, form the mixture into six 3/4- to 1-inch thick patties. Hold a patty over a bun just to check that you've made them about the same size.
3. Heat up your pan or barbecue. Add a drop of vegetable oil to the pan if you're cooking on the stove. Cook patties over medium/high heat for about 5 minutes on each side. The internal temperature should be 165 to 170 degrees.
4. Time to add the extra bits of deliciousness. Top with tomato, lettuce and goat cheese.

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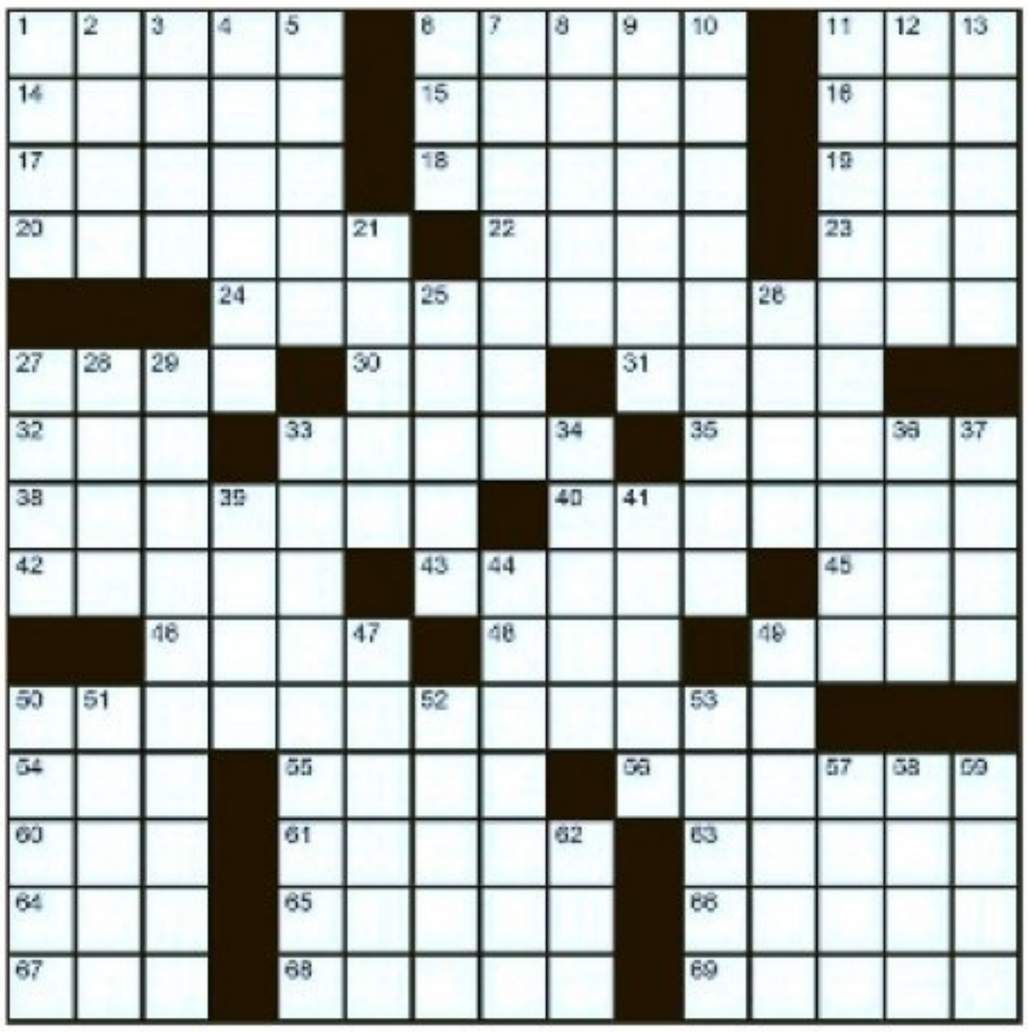
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Airborne attacks
6. Mikhail Gorbachev's late wife
11. French possessive
14. Extreme
15. Violin, e.g.
16. Religious song: "Lead _, _ King Eternal"
17. Jan _ (17th-century Dutch painter)
18. Specific-purpose committee 2 wds.
19. Expend
20. 'T' of BLT
22. "I'll Always Be There" singer Mr. Voisine
23. _-chah-nulth (People of the Pacific Coast of Vancouver Island)
24. Yellowknife-born actress who has famously portrayed Lois Lane in 'Superman' movies: 2 wds.
27. The basics
30. And, in Athens
31. Avery adhesive, Glue _
32. _-Jongg
33. Those sharing PEI writer L.M. Montgomery's 'M.' initial
35. Belonging to the mountain nymph of ancient Greek mythology known for her voice
38. Breaking free
40. Surpasses
42. Gladiator's 2,650
43. Discharge
45. '_' _ in Calgary
46. Diving birds
48. Numero _
49. The _ the limit (Anything is possible)
50. Eggplant dip: 2 wds.
54. Evian water
55. Honour
56. Mark
60. Electrical discharge
61. Canadian shoe stores
63. Ceremonial headdress
64. _ much (Few)
65. County in Ireland
66. Open, as a jacket
67. _-Caps (Candy)
68. Loretta's portrayer on film
69. Alberta town, _ River

DOWN
1. Corrode
2. Sax sort
3. Newspaper piece
4. Aspirations
5. _ Barbara, California
6. "Clothes Off" by Canadian singer/songwriter _ Mae
7. Human's replacement in outer space
8. Eric Clapton's "_ _ the Sheriff"
9. _ and bonds
10. Frank Gehry's gig
11. Band's pre-concert test
12. Arise
13. Sister: French
21. Mork's language on his planet
25. Give a guess
26. Monopoly roll-ees
27. _/_ radio
28. Ointment
29. _ Bay (Nova Scotia body of water)
33. Holder of the drink that goes with cookies: 2 wds.
34. _ _ evil, hear...
36. Showbiz personality Aubrey
37. Angry cat's noise
39. South American country [abbr.]
41. Deletes by making a crisscross marking: 2 wds.
44. Labrador Retrievers, for example: 2 wds.
47. "Would you like me to?": 2 wds.
49. _ Auditorium (Los Angeles venue which has hosted many award shows)
50. Lima and Kidney
51. Screenplay writer Mr. Sorkin
52. Luxury cars
53. Took notice: 2 wds.
57. Strip by the Mediterranean Sea
58. "Modern Family" star Mr. Stonestreet
59. Gift wrapper's need
62. Tofu base

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A friend needs some reassurance and you are the one to provide it. A cheery word or two could be all it takes to pull them out of their mental and emotional nosedive and get them on the road to happiness again.

Taurus April 21 - May 21
You may not agree with what a loved one is planning but don't be critical. If you're negative it will only encourage them further, so you might as well stand back and let it happen.

Gemini May 22 - June 21
You have done some remarkable things of late but there could be a price to pay if you push yourself too hard. Be less relentless in your pursuit of fame and fortune.

Cancer June 22 - July 23
Is it possible to have too much of a good thing? Yes, so be careful over the next few days. Fun times are on the way — but if you go too far you may regret it health-wise.

Leo July 24 - Aug. 23
You may not be able to summon up a great deal of enthusiasm for what you have to do today but that's okay. You really don't have to make too much of an effort. Get others to make it for you.

Virgo Aug. 24 - Sept. 23
Let others make decisions for you today. If they make the right ones it will save you a lot of time and effort. If they're wrong then at least you'll have someone to blame.

Libra Sept. 24 - Oct. 23
Try to steer clear of issues you don't understand. If you make a small change in one area it could lead to a big change in another and it may not be the kind of change you enjoy.

Scorpio Oct. 24 - Nov. 22
Don't go to pieces if someone is critical of your performance today. Most likely they are just trying to help by pointing out where they think you have been going wrong. There is no need to get upset about it.

Sagittarius Nov. 23 - Dec. 21
You clearly have a lot on your mind and the last thing you need is to be bombarded with ideas and plans you know nothing about and care even less for. Keep yourself to yourself.

Capricorn Dec. 22 - Jan. 20
You have important things to take care of. Yes, they are boring and, yes, there are a dozen other things you would rather be doing, but you have responsibilities to live up to.

Aquarius Jan. 21 - Feb. 19
This is not a good day to take chances with money, so keep your cash in your pocket. Tomorrow's solar eclipse will transform your financial fortunes but for the next 24 hours you must not spend a penny.

Pisces Feb. 20 - March 20
It's OK to win but where you finish in the race is less important than the fun you had taking part. Let go of your competitive instincts today because they may be holding you back.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1				3				6
			4		7			
3	2						1	9
	5						6	
6				5				3
	7						8	
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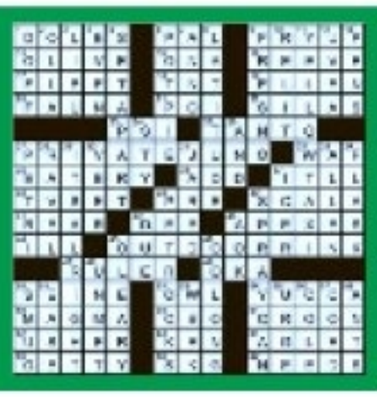

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7	3	4	2	6	1	8	5	9
8	2	1	9	7	3	6	4	5
3	5	7	4	8	6	1	9	2
6	4	9	1	5	2	7	8	3

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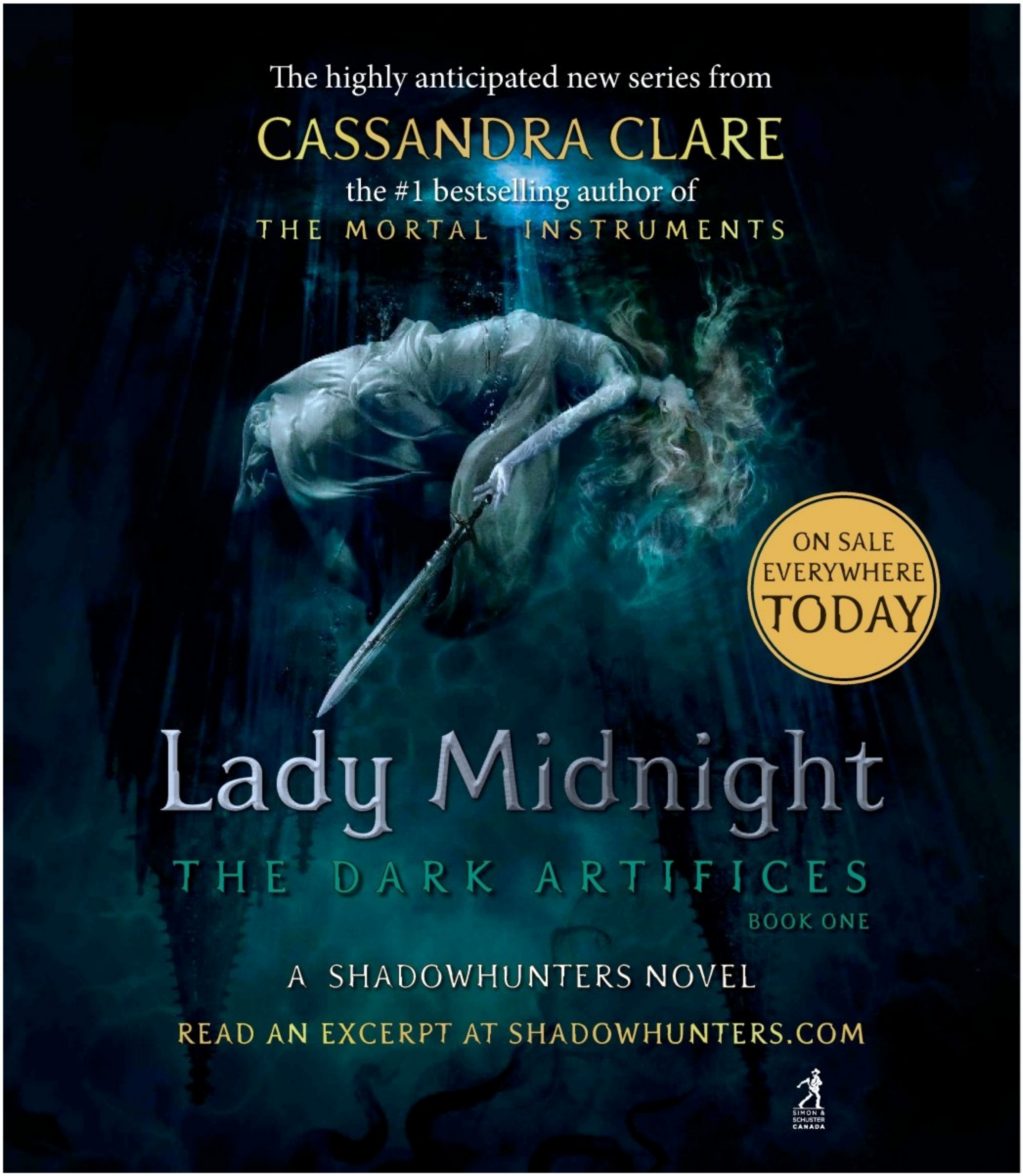
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